

WE CLAIM:

1. A method for treating conditions or disorders which can be alleviated by reducing food intake in a subject comprising administering to said subject a therapeutically effective amount of an exendin or an exendin agonist.

2. The method according to claim 1 wherein said exendin or exendin agonist is administered parenterally.

3. The method according to claim 2 wherein said parenteral administration is by injection.

4. The method according to claim 3 wherein the injection is a peripheral injection.

5. The method according to claim 1 wherein about 10  $\mu\text{g}$ -30 $\mu\text{g}$  to about 5mg of the exendin or exendin agonist is administered per day.

6. The method according to claim 1 wherein about 10  $\mu\text{g}$ -30  $\mu\text{g}$  to about 2 mg of the exendin or exendin agonist is administered per day.

7. The method according to claim 1, wherein about 30  $\mu\text{g}$  to about 500  $\mu\text{g}$  of the exendin or exendin agonist is administered per day.

8. The method of claim 1 wherein said condition or disorder is obesity.

9. The method of claim 1 wherein said condition or disorder is Type II diabetes.

25 10. The method of claim 1 wherein said subject is

human.

11. The method of claim 1 wherein said condition or disorder is an eating disorder.

12. The method of claim 1 wherein said condition or disorder is insulin-resistance syndrome.

13. A method for reducing the appetite of a subject comprising administering to said subject an appetite-lowering amount of an exendin or an exendin agonist.

14. A method for reducing the weight of a subject comprising administering to said subject a therapeutically effective amount of an exendin or an exendin agonist.

15. A method for lowering plasma lipids comprising administering to said subject a therapeutically effective amount of an exendin or an exendin agonist.

16. The method according to any of claims 1-15 wherein said exendin is exendin-3.

17. The method according to any of claims 1-15 wherein said exendin is exendin-4.

18. The method according to any of claims 1-15 wherein said exendin agonist is selected from the group consisting of exendin-4 (1-30), exendin-4 (1-30) amide, exendin-4 (1-28) amide, <sup>14</sup>Leu,<sup>25</sup>Phe exendin-4 amide, <sup>14</sup>Leu,<sup>25</sup>Phe exendin-4 (1-28) amide, and <sup>14</sup>Leu,<sup>22</sup>Ala,<sup>25</sup>Phe exendin-4 (1-28) amide.

19. The method according to any of claims 1-15, further comprising administering a therapeutically effective

amount of one or more compounds selected from the group consisting essential of an amylin agonist, a leptin, and a CCK.

20. The method according to any of claims 1-15 wherein  
5 said exendin agonist is an exendin agonist according to  
Formula I.

21. The method according to any of claims 1-15 wherein  
said exendin agonist is an exendin agonist according to  
Formula II.

10 22. The method according to any of claims 1-15 wherein  
said exendin agonist is an exendin agonist according to  
Formula III.

15 23. A pharmaceutical composition for use in the  
treatment of conditions or disorders associated with  
hypernutrition comprising a therapeutically effective amount  
of an exendin or exendin agonist in association with a  
pharmaceutically acceptable carrier.

24. The pharmaceutical composition according to claim  
21, wherein said exendin is exendin-3.

20 25. The pharmaceutical composition according to claim  
21 wherein said exendin is exendin-4.

26. The pharmaceutical composition according to claim  
21 wherein said exendin agonist is selected from the group  
consisting of exendin-4 (1-30), exendin-4 (1-30) amide,  
25 exendin-4 (1-28) amide, <sup>14</sup>Leu, <sup>25</sup>Phe exendin-4 amide, <sup>14</sup>Leu, <sup>25</sup>Phe

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exendin-4 (1-28) amide, and  $^{14}\text{Leu}^{22}\text{Ala}^{25}\text{Phe}$  exendin-4 (1-28) amide.

27. The pharmaceutical composition of claim 21 wherein said therapeutically effective amount is a therapeutically effective amount for a human subject.

28. A pharmaceutical composition for use in reducing the appetite of a subject comprising a therapeutically effective amount of an exendin or exendin agonist in association with a pharmaceutically acceptable carrier.

29. A pharmaceutical composition for use in reducing the weight of a subject comprising a therapeutically effective amount of an exendin or exendin agonist in association with a pharmaceutically acceptable carrier.

30. A pharmaceutical composition for use in lowering the plasma lipid level of a subject comprising a therapeutically effective amount of an exendin or exendin agonist in association with a pharmaceutically acceptable carrier.

31. The pharmaceutical composition according to any of claims 21-28, further comprising a therapeutically effective amount of one or more compounds selected from the group consisting essentially of an amylin agonist, a leptin, and a CCK.

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